

保護子女不受 鉛害

的簡單步驟。鉛可能會傷害您的孩子。採取下列步驟以保護子女不受鉛害。



■ **保持家中潔淨無塵。**經常拖地、濕抹窗台、吸塵及清洗所有表面。用家庭清潔劑清洗並以清水沖淨。這樣灰塵中的鉛就不會在家中四處散佈。

■ **不要讓子女嚼咬塗了油漆的表面或吃入油漆碎片。**老舊油漆中含的鉛是導致鉛中毒最常見的原因。



■ **經常替子女洗手，**尤其是在吃飯及睡覺前。經常替子女清洗玩具。鉛會黏附在孩童經常放入口中的手及玩具上。

■ **常給子女吃健康的食物及點心。**餐點中務必包括蔬菜及下列食物有含豐富的：

- 鈣質 (牛奶、芝士、酸乳酪、玉米薄餅及豆腐等)
- 鐵質 (肉類、雞肉、熟乾豆、加鐵質的麥片、葡萄乾及其它水果乾)
- 維生素 C (橙及橙汁、西柚及西柚汁，和蕃茄及蕃茄汁)

鈣、鐵、及維生素 C 能讓您的孩子不受鉛的危害。

■ **在進入住屋前先脫掉鞋或在門口的擦鞋墊上將鞋底擦乾淨。**這樣便可將鉛塵阻隔在屋外。



■ **把傢俱擺放在遠離油漆缺裂或剝落的地方。**務必讓嬰兒床、嬰兒圍欄、睡床及高架椅遠離油漆毀損之處。這有助於讓子女不遭受油漆碎片及灰塵中的鉛所危害。

■ **種植矮樹叢、草坪及其它植物，或鋪設踏石、水泥、樹皮或碎石**覆蓋孩子嬉耍處的泥土。這樣您的子女就不會接觸到泥土中所含的鉛。

■ **若工作上會接觸鉛，在您回家前，**應將工作服及工作鞋換下，並先洗澡或淋浴。鉛存在於以下多種工作環境：

- 油漆及房屋整修工地
- 冷卻器修理店
- 生產電池或舊電池循環處理工廠

要求雇主告知您的工作是否接觸到鉛。孩童有可能會接觸家人返家時因工作服及工作鞋上沾染的鉛塵而引發鉛中毒。



■ **不要使用進口的、老舊的、或手工製的碟 / 盤、罐**來盛裝食物或飲料，除非這些盤罐已被經過測試確認不含有鉛質。

■ **除非您測試過及確知油漆沒有含鉛，否則絕對不可用砂磨、乾刮、強力沖洗或以噴沙器沖刷**等方法來清除油漆。油漆中的鉛塵會四處散佈而導致家人、寵物及鄰居鉛中毒。

請致電您當地的鉛中毒預防計劃，查詢有關測試碟 / 盤、罐等器皿及油漆的資訊。

■ **請確定您帶回家中的產品不含鉛。**下列產品通常都含鉛：

- 家用藥品 (淺橙色、黃色、或白色粉末) 如 Greta、Azarcon、Paylooah 或 Liga
- 化妝品如 Kohl 及 Surma
- 某些進口糖果，特別是用羅望子 (tamarind) 果實做的墨西哥糖果。

■ **避免從事會使用鉛的嗜好。**鉛可用以接合或焊接金屬及製造彩釉玻璃。子彈及釣魚錘子中也含有鉛。

■ **請向子女的醫生詢問為他們**做鉛中毒血液檢查的資訊。您的孩子可能需要做鉛中毒血液檢驗。大多數小孩是在一或兩歲時做檢驗，一些兩歲以上的孩子也需要驗血。

大部份鉛中毒的孩子外表及行為均無病癥。抽血驗鉛是知道您子女是否有鉛中毒的唯一方法。

為什麼鉛是危險的？

鉛會損害腦部。鉛中毒會令孩子在學習、集中注意力和行為上有困難。

幼童比年齡較大的孩子更常患鉛中毒，而鉛對這些幼童的傷害也更大。

若妳懷孕，鉛毒亦有可能危害到您的胎兒。請向您的醫生詢問鉛中毒血液檢查的資訊。

若您有關於兒童鉛中毒的問題，請致電您當地的兒童鉛中毒預防計劃，或查閱下列網站：

www.dhs.ca.gov/childlead

simple steps to protect your child from **LEAD**

Lead can hurt your child. Take these steps to keep your child safe from lead.



■ **Keep your home clean and dust-free.** Wet mop floors, wet wipe window sills, vacuum, and wash all surfaces often. Use household cleaner and rinse with clean water. This keeps lead in dust from spreading in the house.

■ **Do not let your child chew on painted surfaces or eat paint chips.** Lead from old paint is the most common cause of lead poisoning.



■ **Wash your child's hands often,** especially before eating and sleeping. Also wash your child's toys often. Lead dust can stick to hands and toys that children put into their mouths.

■ **Feed your child healthy meals and snacks regularly.** Make sure meals include vegetables, and foods rich in:

- **calcium** (milk, cheese, yogurt, corn tortillas, tofu or bean curd)
- **iron** (meat, chicken, cooked dried beans, iron-fortified cereals, and raisins and other dried fruit)
- **vitamin C** (oranges and orange juice, grapefruit and grapefruit juice, and tomatoes and tomato juice)

Calcium, iron and vitamin C help keep lead from hurting your child.

■ **Take off shoes or wipe them on a doormat before going inside.** This keeps lead dust outside.



■ **Keep furniture away from paint that is chipped or peeling.** Make sure cribs, playpens, beds and high chairs are away from damaged paint. This helps keep lead in paint chips and dust away from your child.

■ **Plant bushes, grass and other plants, or lay paving stones, concrete, bark, or gravel** to cover bare dirt outside where children play. This keeps lead in the dirt away from your child.

■ **Change out of work clothes and shoes, and wash up or shower** before coming home if you work with lead. Lead is in many workplaces:

- Painting and remodeling sites
- Radiator repair shops
- Places that make or recycle batteries

Ask your employer to tell you if you work with lead. Children can be poisoned from lead dust brought home on workers and their clothes and shoes.



■ **Do not use imported, older, or handmade dishes or pots** for food or drinks unless they have been tested and do not have lead in them.

■ **Never sand, dry scrape, power wash or sandblast paint** unless it has been tested and does not have lead in it. Lead dust from paint can spread and poison your family, pets, and neighbors.

Call your local Childhood Lead Poisoning Prevention Program to find out about testing your dishes, pots, and paint.

■ **Be sure that products you bring home do not have lead in them.**

These products often have lead in them:

- **home remedies** (bright orange, yellow, or white powders) like Greta, Azarcon, Paylooah, or Liga
- **make-up** like Kohl and Surma
- **some imported candies**, especially candies from Mexico made with tamarind fruit

■ **Avoid hobbies that use lead.** Lead is used to solder or join metal and to make stained glass. Lead is also in bullets and fishing sinkers.

■ **Talk to your child's doctor** to find out about testing your child for lead. Your child may need a blood test for lead poisoning. Most children are tested at 1 and 2 years old. Some children over 2 also need to get tested.

Most children who have lead poisoning don't look or act sick. A blood test for lead is the only way to know if your child has lead poisoning.

Why Is Lead Dangerous?

Lead can harm the brain. Lead poisoning can make it hard for a child to learn, pay attention and behave.

Young children get lead poisoning more often than older children. Lead is also more harmful to them.

If you are pregnant, lead can hurt your baby. Ask your doctor about a lead test.

Call your local Childhood Lead Poisoning Prevention Program if you have questions about childhood lead poisoning, or check on-line at:

www.dhs.ca.gov/childlead